

# The Boston Osteopath.

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## May Morning.

Now the bright morning star, day's har-  
binger,

Comes dancing from the east, and leads  
with her

The flowery May, who from her green  
lap throws

The yellow cowslip and the pale prim-  
rose.

—JOHN MILTON.

## What About Germ Diseases?

CHARLES C. TEALL, D. O.

(WASHINGTON, D. C.)

THE question is often asked, "what position does the Osteopathist take regarding the germ theory?" supplementing it with the observation that we should be helpless in a disease arising from such a cause.

On the whole, I think we accept the germ theory, with some reservations, recognizing the contagiousness of certain diseases, but denying the necessity or efficacy of the numerous serums and anti-toxins, and holding to the truth of Dr. Still's oft-repeated assertion, that "It would be a poor kind of a God who, after making such a complex machine as the human body, would neglect to provide the necessary materials for its protection and repair." And so it is that the Osteopathist, working strictly along that line, is able to perform all the cures known to the medical world, but with greater ease and certainty, and also without any of the numerous sequelæ which so often follow medication.

It is an accepted fact that the blood is a perfect germicide. The only requirements are: first, have the blood healthy, and secondly, get it to the right spot. Persons in good health need have little fear from vagrant germs; otherwise, one would soon pick up a choice collection of diseases.

The ability of the Osteopathist to produce a supply of healthy blood is beyond dispute. The organs concerned in its production are at our



command, as are the laws of hygiene and of proper food and feeding. By giving care to these details, we are enabled to bring about the correct proportion of red and white corpuscles and other combinations. This is merely preparatory. Later, when comes the actual struggle between health and disease, it becomes interesting. Upon the white blood corpuscle—the leukocyte—devolves the guard duty of the whole system. Keep him in fighting trim and he will do the rest. Numerous observers have reported the leukocyte in the actual process of devouring a germ. Dr. Ronald Ross, of the Indian Medical Staff, in the laboratory at Calcutta for the study of malaria, gives a most interesting account of how one malarial microbe actually whipped three phagocytes, they being in a debilitated condition. This shows the great responsibility resting upon the blood, and the necessity of keeping its vitality unimpaired.

And now comes the problem,—can life, can the vital force within us, be enhanced by the addition of foreign and extraneous matter, such as drugs, to the system? Can the leukocyte be stimulated to a more active warfare on the invading germ in any better manner than by our perfectly rational and natural methods? Can any element of the blood be supplied, except through the regular blood-making channels? For instance, the dream of the chemist has been a form of iron which could be assimilated. The best authorities admit that the various preparations of iron are flat failures, as they cannot be taken into the system in an unorganized state.

J. Martin Littlejohn, Ph. D., F. R. S. L., in a lecture at the American School of Osteopathy, commenting on this fact, spoke of the custom, among the English rustics, of giving nettle soup in cases of anæmia, that vegetable being rich in iron, showing how simples in diet may be effective when complex compounds fail.

And now as to our ability to put the blood to the right spot. It is easily demonstrated that a condition of local anæmia or hyperæmia can be produced at the will of the skillful operator. By work on the vasomotor nerves, a congestion can be transferred from one part of the body to another. Local congestions as well as inflammations, acute or chronic, are quickly relieved by osteopathic treatment, and the affected part washed out by pure, fresh blood. Congestions and inflammations are dangerous. Blood serum is a perfect culture for the reproduction of germs; so where there is a congestion, of—say the lungs, reaching the stage of exudation, what is more natural than that some one of the hundred or so different micro-organisms, which fill the air, should find lodgment in this perfectly prepared culture and result in tuberculosis, or pneumonia? And now comes the interesting tug of war between the leukocyte and the invading germ. With the condition of stasis which exists, the leukocyte cannot reach the infected spot, and the germ has its own way and goes on reproducing its kind, which must soon result in its own specific disease. At this point of the trouble, if the blood could be turned on, as only a skillful Osteopathist can do it, the offending germ would soon be swept into the bloodstream and quickly devoured by the faithful leukocyte.

Suppose we illustrate our position by comparing the treatment—Allopathic with Osteopathic—in two well-known diseases, due to a specific organism. First, pneumonia. Without going into the pathology of the disease, we know that the presence of the diplococci pneumoniae is accepted as the exciting cause. The medical treatment is varied. "There is no remedy which can in any way exert a favorable influence upon the pneumonic processes. Many cases recover without any treatment and many cases in spite of it." (Hughes.) In vigorous patients, where there is



hyperpyrexia, venesection is resorted to, and also dry-cupping may give relief. In gastro-intestinal derangement, calomel is indicated: The skin and kidneys are acted on by Dover's powders, potassium nitrate, and aconite: For the heart, digitalis, caffeine, strychnine, and quinine: For the fever, antifebrine, acetanilid, and phenacetine: Alcoholic stimulation is recommended.

Osteopathic treatment:— "The disease is undoubtedly first started by an inability of the lung fascia to perform its functions through its efferent nerves, and consequently there is a clogging of the fascia, which controls the vitality of the lungs, with effete matter. Remove the poisonous material in the lung tissue by reducing capillary engagement, thereby restoring the vascular system to normal." (C. P. McConnel, M. D., D. O.)

This is done by direct control of the nerve and blood supply to the affected part. The vagi may be interfered with either above or below the superior laryngeal nerve, producing loss of motor power to the lungs, causing labored breathing and an engorgement of blood, on account of lowered air pressure. By the splanchnics, the bowels and kidneys are kept active, and the action of the heart is easily controlled by the pneumogastric and sympathetic nerves. Both treatments recommend light but nutritious feeding; and, in the Osteopathic case, it is possible to get the greatest benefit, as the stomach is not in an abnormal condition from continued medication.

"The course of the disease, under Osteopathic treatment, can be shortened one-half."—(A. T. Still.)

"Pneumonia is a self-limiting disease and runs its course uninfluenced by medicine. It can neither be aborted or cut short by any means at our command." (Osler.) These are the opinions of the two great authorities of the two schools; each positive, and each directly opposed to the other. Which will you take?

J. B. Littlejohn, M. D., F. S. Sc. (London), than whom there is no better authority on pneumonia, says: "Under competent Osteopathic treatment no case ever should be lost, if taken at its inception."

As a second example, take diphtheria. The presence of the Klebs-Loeffler bacillus is accepted as a positive diagnostic point. Medical treatment:—Alcoholic stimulation from outset: internal medication by tincture of chloride of iron, potassium chloride, quinine, belladonna, and calomel. To remove exudant, gargles and swabs of carbolic acid and corrosive sublimate are used.

"You ask, Is a dissolvent known for the membrane?—In the laboratory, yes; in the throat, no." (Da Costa.)

With the strictly up-to-date practitioner will come Behring's anti-toxin, duly protected by U. S. patent and well injected. The *London Lancet*, some two years ago, in a carefully prepared statement, compiled from statistics furnished by the leading hospitals, said that it was forced to admit its utter failure as a curative agent. In favorable cases, its defenders are not a unit as to its action: one authority saying that its presence in the blood stream causes the death of the bacillus; while another asserts that it acts as a stimulant to the leukocyte, which then attacks the invading enemy successfully; while a third says that it is not an anti-toxin but a preventative, as it inhibits the activity of the bacillus. At the best, its action is uncertain and liable to be followed by dangerous sequelæ. And so, in spite of the most earnest efforts on the part of investigators along old lines, diphtheria continues a dread disease.

Now, Osteopathic treatment:—We recognize the same pathological conditions, and our efforts are directed along the same line, viz.: to keep the air passage clear and to destroy the bacillus. The treatment is comparatively a simple one. The muscles of the cervical region are re-



laxed, and the vascular system is controlled by the vasomotor nerves. The cervical lymphatics are carefully watched, the object being to drain the affected part. As in pneumonia, the bodily functions are looked after osteopathically. This treatment has been uniformly successful, and it was the wonderful work of Dr. C. E. Still, in an epidemic of diphtheria in Red Wing, Minn., which gave Osteopathy its first start in the North-west; for, although he was arrested on the charge of saving human life illegally, he lost only one case, out of seventy-five treated. The soundness of our theory is proved by this statement from the eminent bacteriologist Metchenschoff, who says: "Diphtheria and typhoid bacilli cannot live in deoxygenated blood; thus by getting them into the venous blood they are destroyed." The effect of our treatment is to do just that, and we use the protector provided by Nature.

And what conclusions from all this, other than the truth of Dr. Still's axiom: "The proper circulation of the blood is health?"



It is said that professional microscopists in England have found the Klebs-Loeffler bacilli in more than sixty per cent. of the pupils, in examining schools of thirty to forty children. Yet there was not a symptom of diphtheria in the school.

On the other hand, in some of the worst cases of diphtheria known to the profession, this germ has been absent.



#### HIS RECOMMENDATION.

At a meeting of the council of a north Lincolnshire town, a question arose as to the advisability of consecrating a new portion of the cemetery. A member suggested that "it would be best to consecrate it, as he had had his back yard done with it, and it 'wore well.'"

—*Exchange.*

## Tolerance and Exuberance.

In answer to the question, "How do you feel?" it is frequently said, "tolerably well"—that is, "my condition is *tolerable*—it can be tolerated." Think of it! Any one being in a condition that is simply and only tolerated, not enjoyed! And, yet, this is the doleful lot of too many. They do not specially enjoy living. There is no bounding, exuberant life in them, that bubbles and thrills for expression. They do not *live*, they simply exist. They do not rise to supernal heights of joy and fulness. They stand or sit on a "*dead level*." They are in a groove and can't get out—in a rut, and have lost the freedom of the broad road.

Now, this condition is not natural. It was never intended for any one to have simply to tolerate living. Every part of the body is constructed with great reserves of power—reserves well-nigh inexhaustible; and it is no fault of Nature if life is limited. Everybody has a reserve fund of energy that may be happily and healthily drawn upon, if proper attention is given to its maintenance and use.

There is no exhilaration in champagne like that of the thrill of oxygen coursing along the nerves when drawn in, compounded and compacted in the tissues. Our bodies are pressed upon by the most exuberant forces, that seek entrance into the avenues and corpuscles of life. Let them in! Think what one can do when in the fulness of life. No obstacle can long stand in the way of physical exuberance. This is the power which Osteopathy cultivates and liberates in the body. It awakens, enlivens, strengthens, and brightens physical existence. It gives freedom and fulness of action and expression to all life's forces and fluid. It gives exuberance.—*Philadelphia Journal of Osteopathy.*



"Luck has a mother's love for skill."



## A Lecture on Osteopathy.

DELIVERED BEFORE THE LADIES' PHYSIOLOGICAL INSTITUTE OF BOSTON AND VICINITY, BY  
F. LEROY PURDY, A. M., M. D.

(Professor of Physiology, Obstetrics, and Minor Surgery at the Boston Institute of Osteopathy.)

It is with a special delight only felt by a teacher of the laws governing the actions and functions of the organs and tissues of the human body that I come before this Society of physiological truth-seekers, who are trying to follow the precepts of their motto, "Know Thyself," and to learn the hidden truths which govern God's greatest creation—The Human Body.

We always like to have our efforts appreciated and the results of those efforts to have the greatest growth possible. Such a desired growth naturally will follow the presentation of a scientific physiological truth before an audience striving for the hidden mysteries which envelop self.

As students in Nature's chemical laboratory of the human body; as students in Nature's physical, dynamical, and mechanical laws of human action and metabolism; as students in Nature's process of degeneration and regeneration, you are admirably fitted to appreciate the Osteopathic science and its adaptation to the intricate structure of the Human Mechanism.

In my presentation of the subject before you to-day, I shall include a brief history, an explanatory definition, the fundamental principles, and the therapeutics of Osteopathy, leaving the broader discussion to be brought out by the questions which will arise naturally in your minds, and which will be entertained gladly at the close of the lecture.

I want you to recognize the natural and comprehensive view which we take in the consideration of the structure and functions of the human body.

I want you to think with me in the consideration of each cell as a living, intelligent unit, capable of taking sufficient nourishment, of reproducing its kind, of repairing its tissue, and of following its own peculiar function regardless of the conscious or of the sub-conscious mind.

I also want you to realize the simplicity, the common-sense, and the close adherence to all the laws of science, which accompany every principle and therapeutic agent employed by the scientific osteopathic doctor, in his diagnosis of the primary cause and in his manipulations of the diseased conditions.

I come before you this afternoon in the capacity of both a regular doctor of medicine and a doctor of Osteopathy. In such a dual capacity I believe I am best fitted to tell you about Osteopathy and its relation to health, to disease, and to the Practice of Medicine.

I took a special bedside and laboratory medical course at the University of Buffalo, supplemented by a two years' hospital training at the Fitch Accident Hospital and at the Buffalo General Hospital under some of our world-renowned physicians and surgeons. I had also the privilege of performing nearly one hundred autopsies, and of reaping the benefits of their accompanying pathological disclosures, which give to us our knowledge of diseased tissue.

It was while at the Buffalo General Hospital that my dissatisfaction with the allopathic method of treatment germinated. This dissatisfaction was increased by the failure of my efficient attending and consulting physicians to cure many seemingly simple diseases and physiological disorders, found in nearly every hospital ward.

During the next two years, while in private practice, I was continually devising mechanical means for the alleviation of physiological disorders other than by the accustomed method of drug treatment.



I adopted massage, electricity, hydro-therapy, and systematic exercise, with the result of curing many people who had been treated formerly by much brighter doctors than myself.

It was while I was struggling to become more proficient in curing disease that Osteopathy began to be introduced in Buffalo. The conservatism of the medical profession caused them to look with scorn upon Osteopathy and to decry it, before they even knew whether or not it was based upon a scientific principle. My old teacher and hospital associates were very bitter, when they learned that I was contemplating a course in the "new fad."

This professional bitterness made me hesitate; and it was not until the parents of about thirty of my most influential families, to whom I had given Osteopathic literature, and who had ample reason to know of my distaste for attempting mechanical effects by means of drugs, and of my success in the use of the mechanical appliances previously mentioned, advised me to accept the opportunity of adopting a scientific and an organized system of mechanical medicine based upon the anatomy and physiology of the body, that I decided to sever my professional ties, and to cast my lot among the more modern physicians. I give this little introduction so as to place you somewhat in sympathy with me as a so-called deserter from the ranks of the regular school.

THE HISTORY OF OSTEOPATHY begins twenty-five years ago in 1874, when Andrew Taylor Still, M. D., in Baldwin, Kansas, after the death of three of his children by Spinal Meningitis, began to feel the lack of sufficient power to handle successfully the diseases of the human body, and immediately began to study the body as an intricate machine capable of being so well known that its finest adjustment might be regulated.

For nineteen years he struggled with the problem, gradually discard-

ing drug after drug until finally he was able to treat all the diseases successfully by mechanical means and by natural methods. During these nineteen years he travelled from town to town, healing thousands of chronic cases, and having splendid opportunity to test and to improve his new system.

In the meantime he had moved to Kirksville, Mo.; and in 1890, his fame having become well known, he, together with his sons, who were aiding him now in giving treatments, found that their business was growing to such large proportions that they had all they could do by remaining at home. For three years Dr. Still and his sons conducted an infirmary at Kirksville.

In 1893, after many solicitations for instruction in the new science, the present American School of Osteopathy was founded and the education of men and women in the new art of healing began. During the last six years, nine other colleges have been incorporated, with a total attendance of about 1500 students and a graduate body of about 500.

Seven states have legalized the practice of Osteopathy, and eleven other State Legislatures are at present discussing it, while nearly every State in the Union permits its practice.

#### WHAT IS OSTEOPATHY?

The word is of Greek derivation, from *osteon*, a bone, and from *pathos*, suffering. Dr. Still gave his new science this name because he considered the 200 different bones of the body the chief framework, and thought that their displacements caused a majority of the deformities and the functional disturbances found in disease.

This was his belief when he gave us the name Osteopathy. By study and experience, he learned to look further into the cause of disease and to consider "the natural flow of blood as health; and the effect of local or general disturbance of blood as disease, and that to excite the nerves



causes muscles to contract and to compress venous blood; and that bones could be used as levers to relieve pressure on nerves, veins, and arteries."

*Technically*, Osteopathy is that science of medicine which consists of such a comprehensive knowledge of the microscopical and macroscopical structure of the Human Mechanism; of the chemical reaction and formation of its numerous secretions; of the physical, mechanical, and dynamical laws which govern its action, metabolism, and locomotion; of the physiological laws which govern reproduction, nutrition, growth, glandular activity, muscular action, body temperature, respiration, vascular circulation, co-ordination of nerve force, etc., such a comprehensive knowledge of these cardinal principles of life, that any displacement, disorganization, derangement, and consequent disease of the Human Body can be readily recognized, properly diagnosed, and mechanically restored by scientific manipulations to the normal equilibrium of its form and of its functional activities.

*Practically and Metaphorically*, Osteopathy is that science of medicine by virtue of which the body is considered as a delicately constructed machine continually running, with steam-pressure usually high.

We might liken the body to the framework; the ligaments to the bolts and rivets which firmly unite the 200 separate bones; the muscles and tendons to the piston rods, wheels, and belts which give motion, locomotion, posture, and power to the body; the alimentary tract, including mouth, stomach, intestines, etc., to the fire-box, which receives the heat and energy-giving elements, — the foodstuffs — and transforms their decomposition into life; the heart and whole vascular system to the boiler and steam pipes, which convey to the whole machinery its proper nourishment and lubrication by means of the blood, the lymph, the synovia, and the various secre-

tions; the lungs to the smoke-stack and air-shaft, which emit the deadly carbon di-oxide, and admit the health-giving oxygen; the sweat-glands and the kidneys to the waste-pipes, which carry off the poisonous and useless substances, which are the result of the body metabolism.

While the body gives life and power to the brain as its dynamo, yet the brain by means of its numerous departments, the cerebrum, the cerebellum, the pons Varolii, the medulla oblongata, and the spinal cord, in direct communication with each other and with every molecule of the body by its intricate network of wires — the nerve fibers, — controls every motion and every function of the body.

Any slight deviation from the normal either by displaced bone, by torn ligament, by contracted muscle, by obstructed vein, artery, or lymphatic, or by pressed nerve, will be sufficient to throw out of adjustment the delicately poised equilibrium of health.

THE FUNDAMENTAL PRINCIPLES underlying Osteopathy are:—

1. *Health* means the free flow of blood and a continuous nerve current.
2. *Disease* means obstruction to the free flow of blood, or it means an interrupted nerve current.
3. *All possible obstructions* to the free flow of blood or to the nerve current, be it either a displaced bone, a contracted muscle, an engorged tissue, or a constricted vessel, are easily reached and are removed by the external mechanical manipulations peculiar to the Osteopathic practice.
4. *For every primary center* in the brain there exists one or more corresponding subsidiary or secondary centers in the spinal cord, together with many primary physiological centers; all being under the influence of the Osteopathic doctor and of his art of treatment.
5. *Osteopathic treatments* always tend toward the normal, and there-



fore are not in danger of doing harm.

6. *The Osteopathic doctor*, as Master Mechanic and Chief Engineer, must be so thoroughly acquainted with the structure and with the functions and the actions of each organ and tissue of the Human Body that he can diagnose quickly and correctly the direct cause of any abnormality, that is, find the *osteopathic lesion*.

7. *These lesions causing pathological conditions* are not only the excess, defect, or perversion of some structure or function, but also a physiological in-coördination of the vital forces of the body; that is, stimulation and excessive activity of some vital energy, and a compensating inhibition and inactivity elsewhere.

The vital forces being thus deranged, harmony is disturbed and the system is diseased.

Keeping in mind these fundamental principles, let us turn to the human body and to its ordinary diseases, to ascertain in an abbreviated manner substantial reasons for the Osteopathic method of diagnosis and treatment of disease.

I want you to grasp some idea of the Osteopathic Therapeutics in contradistinction to the Medical Therapeutics, and of our method of treating the ordinary and most prevalent diseases with which mankind suffers.

MEDICAL THERAPEUTICS is that branch of medical science which treats of the *application of drugs* to the cure or alleviation of disease.

OSTEOPATHIC THERAPEUTICS is that branch of medical science which treats of the application of the chemical, the physical, and the functional *laws of Physiology* to the cure or alleviation of disease.

According to Brunton, Medical Therapeutics is based upon Pathology on the one hand and upon Pharmacology on the other; and both of these rest upon Physiology, which in turn, rests upon Physics and Chemistry.

As the medical doctor cannot utilize his pathology, his physics, and his physiology in the treatment of many

diseases by his empirical use of drugs, he finds himself trying to associate with every disease certain drugs without much consideration of the normal and abnormal relations.

*Osteopathic Therapeutics* is based upon Pathology on the one hand, and upon chemical, physical, and functional Physiology on the other, and both of these rest upon Anatomy.

As the Osteopathic doctor cannot correct any lesion unless the normal and abnormal structure and function of the diseased part is known, he is continually using the whole basic structure of his therapeutics. In short, Medical Therapeutics is applied Materia Medica, while Osteopathic Therapeutics is applied Physiology.

*Homœopaths* treat symptoms.

*Allopaths* treat the condition causing the symptoms.

*Osteopaths* treat the cause of the condition producing the symptoms.

All diseases have a mechanical first cause, which is rarely reached by drugs; and, unless complicated by the presence of micro-organisms, which have a tendency to produce chemical changes, we find the mechanical cause not only the first, but the only cause throughout the whole process of the disease.

All inflammations are primarily simple congestions, either passive or active, according to whether we have venous or arterial obstruction, which is purely a mechanical cause.

If the obstruction to the free flow of blood continues, we have generally the presence of bacteria, which find the inflammatory area an ideal culture medium, and consequently begin to reproduce their kind and to emit their irritating ptomaines. What is the common-sense method of treatment? To attempt to extirpate the fast-accumulating army of bacteria by poisonous drugs and to counteract the effects of their ptomaines by antitoxin, another poison? or to relieve the mechanical obstruction,— be it a displaced bone or a contracted muscle,— and thereby to



deprive the bacteria of their rich culture media and subsequently of their power of reproduction and sustenance, consequently making them an easy prey for the human white corpuscles, the hard-working soldiers of our body, whose bravery and activity often cost them their lives, as made manifest by the frequent formation of pus, the chief ingredient of which are dead white corpuscles?

You might as well attempt to counteract the effects of embalmed beef and of poisonous canned goods, by the effects of the internal use of drugs without stopping the mechanical cause, *i. e.*, the buying of the goods, as to attempt to relieve inflammation, a result of mechanical obstruction, by means of the chemical action of internal medicine.

All diarrhœas are caused primarily by a mechanical cause, or irritation, be it fermenting food, contraction of the muscles of the back, or numerous other conditions which might produce an irritation of the splanchnic nerves, the great vaso-motor nerves of the viscera.

The Osteopathic treatment of diarrhœal troubles is so brief, so simple, and so efficacious, that the regular medical physician, with his mind full of the possible astringents, nerve sedatives, etc., entirely eliminates the physiological law of a congested and inflamed mucous membrane, due to the contracting peristaltic muscles, governed by the excited and irritated nerves, which only need to be quieted by firm pressure in the lower dorsal region to allay the entire inflammatory condition.

Another portion of the body that is frequently diseased is the lungs. We may have a simple congestion, and inflammation of the bronchi, called Bronchitis, and according to location and severity either acute, chronic, catarrhal, or capillary, and an infiltration of the lung-tissue called Pneumonia. All these forms of inflammation are due to the obstruction to the flow of blood, which is caused by the contracted intercos-

tal and other thoracic muscles, by the depressed ribs, and by the stimulation of the pulmonary vaso-motor nerves, following the contraction of the muscles along the dorsal vertebræ. You can see that we have purely a mechanical cause for which the medical doctors have no efficient internal remedy, but resort to cupping, leeching, mustard plaster, etc., while the osteopathic doctor, recognizing the pathological lesions and the primary cause for the mechanical disturbances made manifest by the inability to exhale the proper amount of carbon di-oxide and to inhale sufficient oxygen necessary for the normal and perfect running of the living machine, relaxes the intercostal and other thoracic muscles; raises the ribs by means of the arms as levers; and inhibits by continuous pressure on each side of the spine the pulmonary vaso-motor nerves, which lie between the second and seventh dorsal vertebræ.

Each disease and abnormality known to the human body could be demonstrated in like manner, if time permitted, or the proving of the efficacy of Osteopathic treatments demanded.

Owing to the numerous primary functional centers situated in the spine, to the primary reflex centers and to the subsidiary centers of the brain located there, the Osteopathic doctor by his educated touch can locate, treat, and alleviate any nervous disorder and the majority of other disorders by his scientific manipulations along the spine, producing harmony and melody of the vital forces, very much as the cultured musician controls the piano.

If the medical profession would investigate the principles and the rational therapeutics of Osteopathy, they would cease calling it crude massage, as did a noted surgeon of Buffalo; or a practice like unto that which is used by the blind Japanese masseur, who cultivates only one sense, the sense of touch, to the occlusion of the others, as did Dr.



Cheever, a noted surgeon of this city; or a connecting link between massage and Christian science, as did one of Boston's prominent newspapers; or a number of other things which misrepresent it as much.

After several months' test of Osteopathy with a great variety of chronic cases, which do not respond to Allopathic or to Homœopathic remedies, and the several acute cases, such as La Grippe, Tonsillitis, Bronchitis, Bilious Fever, Poisoning by oysters, Painful Menstruation, Diarrhœa, Peritonitis, and Cerebro-Spinal Meningitis, I am more enthusiastic each day on account of the true physiological principles which underlie each treatment and surmount each cure.

While accustomed to the employ of Allopathic medicine, yet I feel that I am better able to cope with disease by means of the osteopathic manipulations than by the use of drugs; and accordingly, go to each case, whether acute or chronic, without either a gram or a cubic centimeter of medicine.

Many people have been surprised to learn of the wide scope of adjunctive therapeutic appliances taught and used by the osteopathic doctor, such as the microscope, the laryngoscope, the stethoscope, the thermometer, the X-ray machine, chemical and microscopical urinalysis, etc., bringing into use not only the sense of touch but also all the special senses.

Our chief mode of treating disease is by the scientific manipulation of the nerve center, of the nerve fiber, and of the osteopathic lesions, which are either the excess, the defect, or the perversion of some structure or function, or a physiological incoördination of the vital forces of the body.

In the study of the use and application of the various manipulations, we follow closely the researches and the established knowledge of the Allopathic school in all of their textbooks, making exception only in the

method of diagnosis and in therapeutics.

To be able to make these scientific manipulations with the desired effect, you can readily see that one must be well versed in all the subjects of medical science, Anatomy, Physiology, Obstetrics, Gynecology, Minor Surgery, Pathology, including their branches, and in the Practice of Medicine, *i. e.*, the history, etiology, diagnosis, symptomatology, and treatment of disease; in fact, be as well educated medically as either the Allopath or the Homœopath. We do not consider ourselves miracle-workers, or as beings endowed with supernatural powers; but simply as physicians who have the natural, and consequently the more efficient, method of treatment.



"What is extraordinary, let us try to look at with our own eyes."



The position of medical boards of health regarding Osteopathy is illustrated by a story told by the late Henry Drummond. While giving a course of lectures at the Lowell Institute in Boston, he overheard two women discussing his views, evidently in opposition to them. One of them said: "Mary, if what he says is not true, we can stand it. But if it is true, we must hush it up.—*Wiseconsin Osteopath.*"



"Osteopathy is based fundamentally upon the correct anatomical and physiological condition of the human body."



PROVIDENCE, R. I.

F. LeRoy Purdy, A. M., M. D.,  
Osteopath,

Banigan Building, 10 Weybosset St.

Monday, Wednesday, Friday,  
2 till 5 P. M.



## Osteopaths Win.

Governor Thomas, of Colorado, has vetoed the medical bill recently enacted by the Colorado legislature, which proposed to place the licensing of physicians in the State in the hands of a board of examiners. These examiners were to be chosen from three different schools of medicine. Its effect would have been in the main to shut out the new schools of medicine that have been springing up of late years. It is claimed that it was aimed at the Osteopaths especially, and for that reason the members of the last named school of medicine are greatly rejoiced at Governor Thomas's vote.

The principal grounds of Governor Thomas for vetoing the measure was that it was making a "doctors' trust" possible, and was, in fact, enacting tyrannical legislation. Under the proposed measure, the board of examiners could easily have prescribed such regulations that the Osteopaths and other new schools would have been shut out of Colorado. The practice of medicine in the State might have been restricted to the three schools that had representatives on the board, and the rest would have had to whistle. Governor Thomas holds that any one should be allowed to cure people in any possible way, so long as the lives of the people are not endangered by vicious methods. He does not believe, he says, that any restrictions should be placed on methods of healing.

It was claimed, moreover, under the proposed law, that a sick person could not call in any one to attend him, except some member of one of these schools; and specialists would have been barred. Governor Thomas is said to have encountered much opposition by the physicians of the old schools; but he held that the medical profession, if it is to progress, must not be limited, and restricted to two or three particular schools.—*Exchange*.

## Medical Bill Vetoed in Colorado.

Denver, April 25 (Special).—Governor Thomas to-day vetoed the bill to protect the practice of medicine that has received a widespread attention owing to a strong combination between allopaths, homœopaths, and eclectics to shut out all other schools, especially the Osteopaths. The bill was prepared after conference between medical boards of other States, and was considered a model to be adopted elsewhere if successful in Colorado. Governor Thomas was looked upon as a special friend of the allopath school, and his veto message was a complete surprise. It was a most caustic document. Following is a characteristic expression: "The department of surgery excepted, medicine is not a science. It is a series of experiments more or less successful, and will become a science when the laws of health and disease are fully ascertained and understood. This can be done, not by arresting the progress of experiment and binding men down to hard and fast rules of treatment, but by giving free rein to the man who departs from the beaten highway and discovers hidden methods and remedies by the wayside."—*Boston Evening Transcript*.



## The Osteopaths Were Acquitted.

Ft. Wayne, Ind., May 6. — Drs. Rush and Savion, Osteopaths, were acquitted of practicing medicine without a license, by Judge O'Rourke this morning. They were fined \$25 each by the justice on charges preferred by the State Medical Board. The court held that the mere manipulation of the muscles and bones of the body was not the practice of medicine within the purview of the law. This is the first decision of this kind, and is considered a body-blow to the new law.—*Indianapolis News*.



# THE BOSTON OSTEOPATH.

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One would think, to hear some people talk, that Kirksville was subject to cyclones. Not a bit of it! Must self-advertising be done, even if truth gets stretched, and the bill for the stretching is sent to our neighbor?



Henceforth the *Popular Osteopath*, the official organ of the A. A. A. O., will be published at Chattanooga, Tennessee, instead of at Kirksville, Mo., its original office of publication. This change is made necessary by the removal from Kirksville of those who established the magazine there, all of whom are now in the field of private practice, except Dr. Hazzard, who, however, is soon to open an office in Detroit. Hereafter the magazine will be managed by Drs. Evans and Owens of Chattanooga, though it will still be edited by Dr. Link, who has located in the neighboring city of Knoxville, Tenn. Dr. Hardin, one of the associate editors, is located at Atlanta, Ga.



PROVIDENCE, R. I.

We take much pleasure in heartily recommending to our friends in Providence, F. LeRoy Purdy, A. M., M. D., as a practitioner of Osteopathy. Dr. Purdy will be there three afternoons a week, from the 1st of June, at the Banigan building, Wey-

bosset St., but will retain his connection with the Boston Institute of Osteopathy as Professor of Physiology, Obstetrics, and Minor Surgery.



MINNEAPOLIS, MINN.

Dr. Edwin C. Pickler has severed his connection with the Northern Institute of Osteopathy at Minneapolis, and is now associated with Dr. A. G. Willits in that city, with offices at 201-5 Globe building.

Drs. Pickler and Willits are at the head of their profession, and those desiring treatment from skillful and experienced doctors should remember their location.



Dr. Charles Hazzard, of the Faculty of the American School of Osteopathy, and member of the operating staff of the A. T. Still Infirmary, will sever his connection with those institutions July 1st, and will, about July 15th, locate for the practice of Osteopathy in Detroit, Mich.



William R. Spaulding, who will graduate from the Boston Institute of Osteopathy June 12, 1899, expects to open an office at Worcester and at Waltham, spending three days in each place. We gladly recommend Dr. Spaulding as a perfectly competent and conscientious operator.



BINGHAMTON, N. Y.

Arthur D. Baker, of the June graduates of the Boston Institute of Osteopathy, will open an office at Binghamton, N. Y., about June 15th.

We can recommend Dr. Baker very highly as a gentleman and a skillful Osteopath.



ALBION, IDAHO.

Attention is called to the location of C. C. Merrell, D. O., in the General News Building.



We announced last month the meeting of the American Association for the Advancement of Osteopathy, and would now call attention to the circular letter of the President of the Association, given below; and to the Program of the Exercises on July 5 and 6:—

### A. A. A. O.

The Board of Trustees have decided that the next meeting of the National Association of Osteopaths should be held in Indianapolis, Ind., July 5th and 6th, 1899.

I am informed that the Associated Colleges of Osteopathy have also decided to hold their annual meeting at the same time and place. The location is central. The time is such that both teachers and students from all Colleges may be present, which should insure a large attendance—an attendance from all States and from all schools.

At this meeting there is much that should be done. The present officers of the Association have received scores of letters, with reference to matters over which they have no control. Several members have thought proper to criticise the organization; and perhaps these criticisms were not without just grounds. If, therefore, there is something wrong, and I believe there is, it is in our constitution,—it is in the very foundation of our organization. In 1786 the Articles of Confederation were found to be unequal to the demands, and as a result, a meeting followed at which was drafted our present National Constitution. Then if our present Osteopathic constitution is not equal to the exigencies of such an organization as ours,—if it is weak, if it is uncertain and not calculated to endure,—let us at the coming meeting draw up and adopt a constitution that is fully equal to the demands of the hour. Let us be generous. "All things in their place are best." The present constitution has at least served us for a time. It has served to show us what we really

need, and what we should really do.

Then let us have a full meeting at Indianapolis July 5th and 6th, and frame a constitution that will be equal to any and every emergency. Let us frame a constitution that will be strong, that will be abiding, that will protect, defend, and unify.

Let us make, if necessary, a sacrifice to be present,—let us meet not to debate but to act.

S. C. MATTHEWS,  
*President.*



### Program of A. A. A. O.

PROPYLÆUM, JULY 5 AND 6, 1899,  
INDIANAPOLIS, IND.

#### INVOCATION.

*Wednesday*  
A. M.

Opening Address,  
"The A. A. A. O.",  
Discussion, led by  
"Degenerations of the Spinal Cord,"

*Doctors*  
S. C. Matthews, *Pres.*  
F. W. Hannah.  
A. G. Hildreth.  
H. F. Goetz, (A.S.O.)

Discussion, led by  
"Standards of Excellence,"

H. E. Patterson.  
L. M. Rheem, (N. I. O.)

Discussion, led by  
"Courses of Study,"

Mrs. D. S. Williams.  
Dain L. Tasker, (P. S. O.)

Discussion, led by

J. R. Shackelford.

P. M.

"State Organizations,"

D. Ella McNicoll.

Discussion, led by

M. F. Hulett.

"Osteopathy as a Profession,"

S. S. Still, (S. S. S. C. O.)

Discussion, led by

Wm. J. Liffing.

"The Future of Osteopathy,"

L. E. Cherry (M. I. O.)

Discussion, led by

Horton Fay Underwood.

"The Associated Colleges,"

Nettie H. Bolles, (W. I. O.)

Discussion, led by

J. S. Gaylord.

8.30 P. M.

Annual Address, "Osteopathy,"

A. T. Still, M. D., *Founder.*

*Thursday*

A. M.

Business Meeting.

P. M.

Unfinished Business (if any).

Reports from Osteopathic Schools.

Short Articles on Varied Topics.

Association Talks (General).

Exchanges of Experience.

Next Annual Meeting Discussed.

Adoption of Resolutions.

8:30 P. M. Public Address:

"The Scientific and Professional Implications of Osteopathy." } Mason W. Pressly,  
A. B., Ph. D., D. O.

BANQUET.



## FRAUD IN MEDICAL EXAMINATIONS.

It is no new thing for a State Board to find that some one has been trying to sell copies of its examination questions in advance; but the wholesale manner in which this fraudulent practice has been carried on in Massachusetts is a disgrace to the State. The State Board appears to have finally waked up and realized that something was wrong at the March and May examinations.

If the Secretary had had the printing done by the State printers, he could have saved the State Board of Registration in Medicine this un-called-for experience. We quote from the *Boston Transcript*:—

“One of the mysteries of the case, which is causing a smile to mix with the indignation felt by the regular State printers, Wright & Potter, over the announcements of the case in the newspapers, is why Dr Harvey should have felt called upon to go to an unknown and unofficial printer to have his work done, when the State supplied a plant from which it is as difficult for a document to escape as it is for an inmate of the State prison to get out. The first thought in relation to the action of Dr. Harvey was that he must have had some ground for leaving the State printers for one whose office seems to have been leaky; but an examination of the books of the State printers shows no record that any work has ever been done for Dr. Harvey, and the printers say that they are not in the habit of losing track of their work.

“It appears, therefore, that none of the documents which are alleged to have been sold to the medical students ever had been in the State printing office; and this discovery is not surprising to persons whose experience has made them familiar with the cast-iron laws and customs which obtain in that institution. The official supervisor of printing is the Secretary of State; and so careful are the State printers that they will recognize no authority as to the disposition of copy, proofs, or printed matter save that from which the matter originates, and not even that unless it is countersigned by Secretary Olin. Moreover, all copy and all proofs of matter of the class of the medical questions are burned in the engine-room by one of the highest officials of the printing office, not a subordinate, and the “job” is sent to the authority ordering it, under the seal of the Commonwealth.

“From all the evidence at hand, it does not appear that the secretary of the Board of Registration in Medicine had ever had any official experience with the State printers which could have caused him to lose confidence in them, while it seems to be fairly well established that he suffered through his innocent and undoubtedly well-meant employment of an outside printer.”

## Uric Acid.

WILBUR L. SMITH, D. O.

(BALTIMORE, MD.)

A GREAT many ills of the human body are attributed to the presence of an excess of Uric Acid in the blood stream; and that it does by its presence disturb function there can be no doubt.

To explain how it operates as a disturbing element, we must see what it is and what is responsible for it.

Uric Acid is described as a dibasic acid appearing normally in urine voided, in average amount about five per cent. It crystallizes most often in wedge-shaped crystals, but some appear like barrels, sheaves, rosettes, combs, etc. It is soluble in 15,000 parts of water, and is the principal eliminant of nitrogen next to urea. (Urea is described as a white, pearly, brilliant substance, appearing in transparent flakes, *very soluble in water*.) Authorities agree on the proportion of 1 part Uric Acid to 33 parts urea.

Uric Acid is, therefore, a waste product of normal chemical activity, *viz.*, an eliminant of nitrogenous diet (flesh, eggs, etc.), and like all other effete materials must be eliminated. For this, nature has provided organs and channels that do their work perfectly and harmoniously, when there is no obstruction to the nerves conveying the energy or motive power to the apparatus governing their activity. These organs are the kidneys and urinary tract; but in seeking the cause which permits the Uric Acid to accumulate, we shall



have to deal with the kidney, so its structure and function must be considered.

The kidney, briefly described, consists of a series of tubes and tubules, systematically arranged, surrounded with plexuses of capillaries and nerves. The former convey the blood to be filtered and the latter regulate the caliber of the vessels and transmit the life principle to the epithelial cells which line the tubules, enabling these cells to select the waste products.

The following is copied from Landois' Physiology, Sec. 273 :

THE SECRETION OF URINE. "The functions of the kidney are — (1) to excrete waste products, chiefly nitrogenous bodies and salts; (2) to excrete water; (3) and perhaps also to re-absorb water from the uriniferous tubules after it has washed out the waste products from the renal epithelium. The chief parts of the organs concerned in (1) are the epithelial cells of the convoluted tubules; the glomeruli permit water and some solids to pass through them, while the constrictions of the tubules may prevent the too rapid outflow of water, and thus enable part of it to be reabsorbed."

THEORIES. The two chief older theories regarding the secretion of urine are the following: (1) According to Bowman (1842), through the glomeruli are filtered only the water and some of the highly diffusible and soluble salts in the blood, while the specific urinary constituents are secreted by the activity of the epithelium of the urinary tubules, and are extracted or removed from the epithelium by the water flowing along the tubules. This has been called the "vital" theory. (2) C. Ludwig (1844) assumes that very dilute urine is secreted or filtered by the glomerulus. As it passes along the urinary tubules it becomes more concentrated, owing to endosmosis. It gives back some of its water to the blood and lymph of the kidney, thus becoming more concentrated, and assuming its normal character. (This is commonly known as the "mechanical theory.")

"The secretion of the urine in the

kidneys does not solely depend upon definite physical forces. A great number of facts force us to the conclusion that the vital activity of certain secretory cells plays a foremost part in the process of secretion." (R. Heidenhain.)

By vivisection it has been demonstrated that section of the renal nerves (in the lower animals) arrests secretion; and not only is this applicable to the kidney, but all other organs and glands are subject to the same rule.

The materials secreted by all glands of the body are derived from the blood, which controls not quantity only, but quality as well. When the blood contains an excessive amount of Uric Acid crystals, the quality of the secretions is abnormal. In the joints, a delicate synovial membrane covers the articular surfaces of the bones, and secretes the synovia which is the lubricant of the joints. It is usually with these parts that the first symptoms appear; movement is rendered painful, congestion, redness, and swelling follow, and a well-defined case of articular rheumatism is the usual sequel.

There are several forms of rheumatism (a term that covers a multitude of conditions), all of which are by the old schools more or less attributed to Uric Acid.

The cause for the presence of an excess of Uric Acid in the blood stream, according to osteopathic philosophy, lies in a disturbance of the nervous mechanism which controls the process of eliminating this waste material.

The diet operates as a secondary or exciting cause by putting extra work upon disabled parts; and in the treatment it should be regulated accordingly.

There have been found abnormal anatomical relations (deviations from normal alignment, contour or hypertonus of the muscles) in the region of the spinal column where the nerves which enter into the formation of the renal plexus emerge from the spinal cord; and on account of such deviations the sympathetic

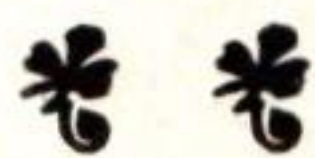


nerves, through the *rami communicantes*, are inhibited in their action, and a disturbed function of elimination results.

These interferences may sometimes be so slight as to be imperceptible to the eye, but the trained osteopathic fingers can be relied upon to locate them; and the history of the case will, almost invariably, disclose an accident or injury preceding the onset of the trouble. In the Etiology and Therapy of Uric Acid and its effects, before the advent of Osteopathy, due prominence had not been accorded to such causes.

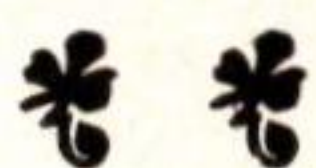
The old schools' method of treatment, as we glean it, would be to use some agency which would put the Uric Acid in solution, and thereby eliminate it with the watery portions of the urine.

Osteopathic treatment would be directed to the cause, and would re-establish natural activity, restoring order by a scientific manipulative process, which would produce no injury and which has been productive of speedy and permanent results.



#### LOWELL, MASS.

Horton Fay Underwood, D. O., of the Boston Institute of Osteopathy, is in Lowell, Monday, Wednesday, and Friday, at 237 E. Merrimack St. Office hours, 9.30 to 12, and 2 to 4.



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C. C. Merrell, D. O.

General News Building.

Office Hours:

All Day and Every Day  
Except Sunday.

## Curriculum of Boston Institute of Osteopathy.

### FIRST TERM.

ANATOMY. — Osteology, Syndes-mology, Myology, Angiology.

HISTOLOGY.

CHEMISTRY.—Elementary, Qualitative Analysis.

PHYSIOLOGY.

### SECOND TERM.

ANATOMY. — Neurology, Viscera, and Organs of Special Sense.

PATHOLOGY.

CHEMISTRY.—Urinalysis, Toxicology.

PHYSIOLOGY.

OSTEOPATHY.—Principles of.

### THIRD TERM.

ANATOMY.—Regional, Demonstrative, Dissection.

PHYSIOLOGY.

OBSTETRICS.

MINOR SURGERY.

DIETETICS AND HYGIENE.

PRACTICE.—Diagnosis, Symptomatology.

OSTEOPATHY.—Theory, Therapeutics, Clinics, Demonstrations.

### FOURTH TERM.

GYNECOLOGY.

DERMATOLOGY.

OPHTHALMOLOGY.

OTOLOGY.

MENTAL AND NERVOUS DISEASES.

OSTEOPATHY.— Diagnosis, Therapeutics, Clinics, (a) Demonstrative, (b) Operative.

OSTEOPATHIC OBSTETRICS.

PSYCHOLOGY.

MEDICAL JURISPRUDENCE.



See press comments on page 15, concerning recent legal decisions in Colorado and Indiana, favorable to Osteopathy.



"If he had promised an acorn, and the acorn season failed in England, he would have sent to Norway for one!"